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» sports p.9

Please recycle

RCMP find stolen art pieces

By **KRISTEN THOMPSON**
Metro Vancouver

Some of the artwork stolen from the University of B.C.'s Museum Of Anthropology has been found intact, police announced yesterday.

RCMP Const. Annie Linteau said the pieces were recovered after a South Burnaby home was raided on Sunday night.

Another search warrant was expected to be executed yesterday.

Twelve pieces by famed Haida artist Bill Reid and three Mexican necklaces were stolen overnight on May 23 while a security guard was on a smoke break.

Peter Malkin, with the Bill Reid Foundation, said the recovery is good news.

"People who love Bill Reid's work will be extremely pleased to hear that some of these pieces have been secured and we'll now look forward to the rest of them being recovered."

RCMP had sent descriptions of the items to other police agencies and alerted Interpol in case the items were sold overseas.

They also appealed to pawnshops and goldsmiths, should someone try to sell or melt down the pieces, which are valued at around $2 million.

The gold is worth around $16,000.

Police aren't saying which pieces, or how many, have been recovered.

– kristen.thompson@metronews.ca

heist fit local modus operandi

» A local experienced jewelry thief who specializes in high-end retailers had been a suspect because some of the techniques used in the museum heist fit his mode of operation.

JEFF HODSON/METRO VANCOUVER

Roadside assistance

Alejandra Taylor, with baby Isabella, at Royal Columbian Hospital yesterday. Earlier, Taylor gave birth in the front seat of her Mazda on the Mary Hill By-Pass during rush hour, assisted by her husband on the phone with a midwife. Story, page 3.

Dun-da-DUN-da-dun ... CTV scores hockey tune

CBC loses iconic 40-year-old theme

By **JOYCE YIP**
for Metro Vancouver

After a year-long battle, the CBC has perpetually lost the rights to the Hockey Night In Canada theme song to rival CTV yesterday.

CBC walked away from the negotiations on Friday with the song's composer, Vancouver-born Dolores Claman, asking for at least $2.5 million.

CTV announced yesterday it'll use the 40-year-old song on its hockey broadcasts on TSN and RDS as well as the upcoming Vancouver 2010 Olympic Winter Games. It issued a press release saying it "saved The Hockey Theme."

"The song has a long and storied history in Canadian sports ... We know we will be in hockey forever, so there's no doubt this acquisition will create value for us," said Rick Brace, president of CTV Sports.

Claman said she is "pleased the song has found a new home."

"I am very moved by how so many Canadians have taken the hockey theme to heart," she added.

Blayton Mylen, a Vancouver hockey fan, said he's disappointed.

"I think everything from Hockey Night In Canada should stay with the CBC. That's where it started, and that's where it should be right now."

Vancouver waiter Dan Lagimodidre said he also doesn't like the change.

"The fact that it's a 40-year old tradition at CBC, I don't know how CTV can get away with buying it."

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local

Victoria's Simon Whitfield, left, Edmonton's Paul Tichelaar and Hamilton's Colin Jenkins have been named by Triathlon Canada as the men's team for the Beijing Olympic Games in August. The women's team will be announced within the next two weeks.

SOURCE: CBC NEWS ONLINE

Baby opts for speedy birth

Infant delivered on side of highway

By **JEFF HODSON**
Metro Vancouver

From the moment she was born, Isabella Taylor was already stopping traffic.

The seven-pound, three-ounce baby girl came screaming into the world, born in the front seat of her parent's Mazda 5 on the side of the Mary Hill By-Pass in yesterday morning's rush hour.

oops

» The couple, thinking Alejandra was in false labour, returned home once because Paul forgot his wallet.

"I was hoping we'd have her soon, but not on the highway," said Alejandra Taylor, 37, at Royal Columbian Hospital yesterday.

Taylor and her husband, Paul, assumed she was in false labour and left for the hospital from their Maple Ridge home at about 5 a.m. But the contractions got stronger so they paged midwife Jennesse Oakhurst.

"I ripped my pants off, ripped my underwear off, everything," said Alejandra. "I stuck my leg out the window and I was screaming."

On the phone, Oakhurst said she could hear Alejandra screaming, "The baby's coming."

"I said, 'Paul, can you see the head?' He said, 'Yes.' I said, 'OK, you've got to pull over and catch this baby,'" said Oakhurst.

A pair of firefighters, on their way to work at Fire Hall No. 3 in Vancouver, saw Alejandra with her leg out the window. They pulled over and helped deliver the baby.

Afterward, Alejandra said, there was confusion about what to put as Isabella's place of birth on her hospital form.

"I guess they just put highway."

Football **Alone in a crowd of Dutch fans**

RAFE ARNOTT/METRO VANCOUVER

An Italian football fan, centre, reacts with disgust as Dutch fans celebrate their team's third goal against Italy during yesterday's Euro 2008 game in Austria.

»news In Brief

» **COLLISION** A semi-truck and a train collided in Maple Ridge yesterday near the entrance to the Albion Ferry, news1130.com reports. Detours were in place to get drivers to the Albion ferry entrance.

» **INVASION** A 27-year-old woman awoke in the middle of the night to find a stranger, dressed in black, inside her basement apartment on Main Street. Vancouver Police said the man threatened her and stole cash and a laptop.

» **THEFT** A family on Ontario Street has been robbed twice in the past two weeks. Vancouver Police Const. Tim Fanning said it's unclear why it's being targeted or if the same thieves are responsible.

METRO NEWS SERVICES

Diamond merchant robbed

A diamond merchant on his way to see a client was robbed in an underground parking lot in what Vancouver Police Const. Tim Fanning called "something out of a Guy Ritchie movie."

The 33-year-old man was walking to his car with a bag of diamonds in a Granville Street garage when he was attacked from behind.

"The victim wasn't sure if this man had a weapon or not, but given the value of the diamonds ... fought with him (and) chased him down," Fanning said. "They were running through the parking lot, zigzagging through cars and cement pillars.

"The victim was able to knock the suspect down a couple times and punch him, but the suspect hung on to the bag ... and was eventually able to out run the victim."

Fanning said it's not yet known the diamonds' worth.

KRISTEN SYLVESTER/METRO VANCOUVER

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Fumes killed man

Tenants return as Kitsilano building cleared of gasses

By **KRISTEN THOMPSON**
Metro Vancouver

Residents of an apartment building in Kitsilano were allowed back home last night after being told to leave two days earlier when police discovered a dead tenant and a drug lab in a third-floor suite.

The building was evacuated and a Hazmat team was called to the Balsam Street apartment Saturday evening after a man found his brother dead in the suite.

Vancouver Police Const. Tim Fanning said it appears the 44-year-old man died from inhaling fumes from the drug "cook."

"There was a strong smell coming from the suite," he said.

Fanning said officials were worried dangerous chemicals had leaked into other suites and Health Canada didn't want tenants inside until it was clear there was no risk of harm.

His identity has not been released.

-kristen.thompson@metronews.ca

crime scene

» Inside the suite, police found around 450 grams of ecstasy, along with a 22-calibre rifle and a pistol, both of which had permits under the victim's name.

»news In Brief

» **SHOOTING** A 22-year-old Maple Ridge woman who was shot in the back is likely not the victim of a random attack, RCMP said yesterday. The woman is recovering at Royal Columbian Hospital.

» **CRASH** Westbound lanes on the Mary Hill Bypass were closed yesterday after a serious rollover crash that involved seven vehicles. Witnesses said a commercial truck and a car collided and were sent into the ditch.

METRO NEWS SERVICES

Man likely to reoffend: Police

Badour

A convicted predatory sex offender, whose crimes police said were brutal and who is likely to re-offend, has walked away from his Vancouver halfway house.

Roger Dale Badour, 59, has served time for, among other things, sexual assault with a weapon and forcible confinement, and has been known to pose as a minister or police officer.

Vancouver Police said he is viewed as having no regard for women or their safety, has mental health and substance abuse problems and is considered dangerous.

Badour is wanted on a Canada-wide warrant for breaching his conditions.

KRISTEN THOMPSON/METRO VANCOUVER

Portals **Salish Nation**

RAFE ARNOTT/METRO VANCOUVER

Coun. Julie Baker, right, of the Salish Nation, and Deborah Jacobs unveil one of three carved cedar portals by Coast Salish artist Susan Point yesterday. Titled People Amongst The People, the portals are installed at the Brockton Point totem site in Stanley Park.

Native groups to watch PM

Aboriginal groups around the Lower Mainland are gathering tomorrow to watch Prime Minister Stephen Harper apologize in Parliament to residential school survivors and discuss the impact of the historic moment.

Members of the First Nations Leadership Council (FNLC) are meeting to watch a live broadcast of the apology in North Vancouver at noon.

This will be followed by a cultural celebration by the Squamish Nation and comments from Grand Chief Ed John with First Nations Summit and Grand Chief Stewart Phillip, president of the Union of B.C. Indian Chiefs.

Separately, Kevin Annett, who recently helped create an independent and unofficial tribunal into the Indian Residential Schools, will respond to the apology, and discuss whether it brings closure, at a public forum in Vancouver at 7 p.m.

KRISTEN THOMPSON/METRO VANCOUVER

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BC Cancer Foundation

New Democrat MLAs are playing an exhibition match against The Vancouver Dream Catchers homeless soccer team today at Oppenheimer Field in Vancouver. The Dream Catchers are playing the exhibition match as part of their preparations for the 2008 Homeless World Cup in Melbourne, Australia, in December. METRO VANCOUVER

Mayor's CAST a castoff

New NPA caucus head to ditch drug treatment plan

By **JEFF HODSON**
Metro Vancouver

The new head of the Non-Partisan Association caucus plans to cast aside one of Mayor Sam Sullivan's pet projects.

Coun. Peter Ladner said while he supports the mayor's Eco-Density and Project Civil City initiatives he wants to get rid of Sullivan's Chronic Addiction Substitution Treatment (CAST).

"I'm not in agreement with the fundamental premise that you can't get people off drugs," Ladner said yesterday, a day after winning the party's mayoral nomination, defeating Sullivan by 80 votes.

> *« I'm not in agreement with the fundamental premise that you can't get people off drugs »*
>
> *Coun. Peter Ladner*

"I think we have to aim for abstinence and treatment. If we have more resources that's where it should go, not to different drugs."

CAST, introduced by Sullivan in February last year, aimed at working with addicted people to change their habits from street drugs to legal, orally administered prescription medications.

While he's against drug substitution treatment, Ladner said he supports Vancouver's supervised injection site because of its health benefits and because addicts who use InSite are more likely to seek treatment.

However, he added, he is against additional supervised injection sites because he said the money is better spent on mental health and treating addiction.

–jeff.hodson@metronews.ca

JEFF HODSON/METRO VANCOUVER

Coun. Peter Ladner heads to his press conference outside Vancouver City Hall yesterday.

Just who is this 'Ladner guy'?

Not a single person interviewed knew of mayoral candidate

By **JOYCE YIP**
for Metro Vancouver

A day after Non-Partisan Association members chose Coun. Peter Ladner as their mayoral candidate, not one of the 25 people interviewed yesterday knew who he is.

"I just saw the headlines (about the win) this morning, but I don't know anything about it," said Ian Giles, a 26-year-old designer. "I like Sam Sullivan, but I don't know who this Ladner guy is."

All interviews were conducted around Yaletown where the name Ladner confused Surrey resident Reede Burdeniuk.

"I think it's a great little place, it's only about 20 minutes from downtown," the 24-year-old hairstylist said, referring to the Lower Mainland community of Ladner.

> *« I've heard of his name but I don't know him. I am not sure who he is. »*
>
> *Chris Yu, student*

When corrected, Burdeniuk laughed and replied, "I don't know too much about him."

Chris Yu, a 26-year-old student, said he is also unfamiliar with the name.

"I've heard of his name but I don't know him," Yu said. "I am not sure who he is."

Like everyone else interviewed, Amy Balcome, a 22-year-old medical worker, also said she doesn't know much about Ladner.

"Oh, I read about the race, but I don't know too much about him," she said.

»news In Brief

» **MISSING** Burnaby RCMP is looking for a missing 14-year-old girl who is likely in need of heart medication. Layla Katherine Low went missing between 3 a.m. and 4 a.m. Sunday morning when she ran off from a group of friends toward New Westminster.

» **DEATH** A shooting victim who had been in hospital since May 28 has died and her husband, who's in custody for attempted murder, might now face murder charges. Janice McMath of Abbotsford died on Saturday. She was allegedly shot by her husband, Robert McMath.

METRO NEWS SERVICES

Woman dumped pop on mayor

21-year-old may face charges

By **KRISTEN THOMPSON**
Metro Vancouver

A 21-year-old Vancouver woman could be charged with assault after dumping a pitcher of pop on Mayor Sam Sullivan at the Non-Partisan Association's mayoral nomination meeting.

Vancouver Police Const. Tim Fanning said the woman, an Anti Poverty Committee member, is known to police.

> *« It's incredible what Coca-Cola will do for your hair. »*
>
> *Mayor Sam Sullivan*

"There were some of our officers there in plain clothes. They quickly grabbed her and arrested her for assault," Fanning said, adding police want to restrict her movements when released.

"We're obviously seeking conditions, one of which will be not to be anywhere near the mayor."

Fanning said he can't release the woman's name until she is formally charged.

Sullivan, however, said he didn't plan to press charges.

"It's incredible what Coca-Cola will do for your hair," he said.

"And then, of course, that they chose one of the major sponsors for the Olympic and Paralympic Games was very gratifying to me."

-kristen.thompson@metronews.ca

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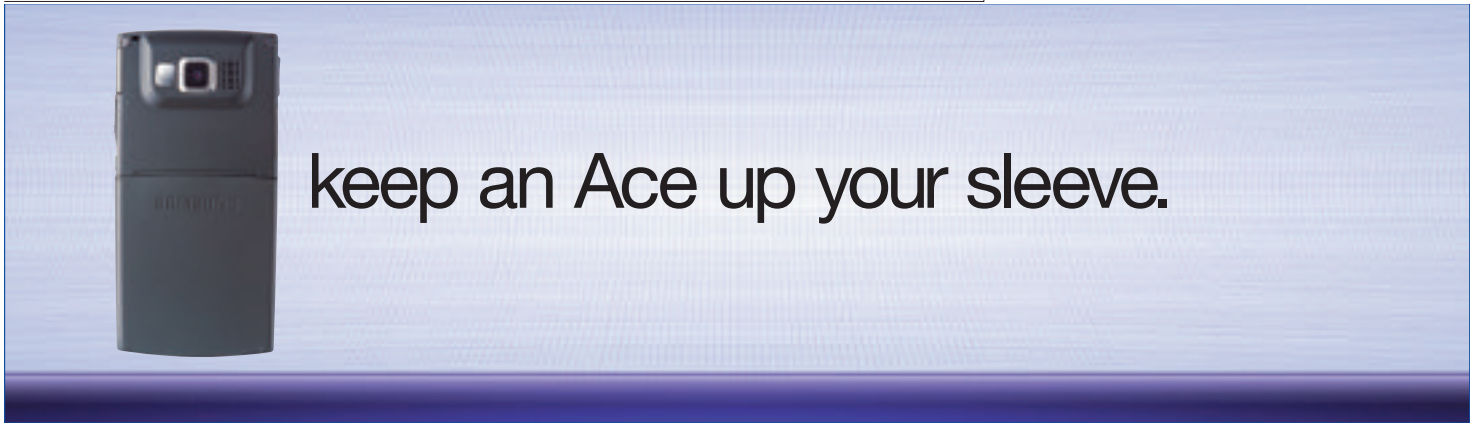

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The Man Who Made the Whole Town Lose Weight

In the small town of Alesund in Norway, many of its residents began eating a common plant that made over 1,500 of them lose weight! It all began in 2006 when a customer of Johnny Pettersen, a local health food store owner, asked him for advice on how to eliminate sugar cravings.

"I gave my customer mulberry leaf tablets because mulberry is known to lower your blood sugar after meals. When blood sugar is stable, sugar cravings disappear. And it worked very well. I started recommending mulberry to many customers and soon noticed that they were losing weight. This made me curious, so I studied the effect of mulberries on blood sugar, insulin and fat burning. Surely enough, because of the effect on blood sugar, mulberry leaves also lead to lower insulin secretion, which makes you able to burn stored fat better and also reduces fat storage from excess calories."

The 10-day diet

When Pettersen increased the dosage, recommending two mulberry tablets before each meal, he found that his customers not only controlled their sugar cravings, but also lost significant amounts of weight.

"I recommended that customers follow the programme for a minimum of 10 days in order to eliminate their need for sugar stimulation. Sugar works as a drug on the brain and people need to eliminate the need for a 'sugar high' if they want to stay slim. Taking mulberry leaves, my customers changed to a healthier diet without even noticing it — they simply didn't crave sugar."

1500 people lost weight

After the success of the first customers, word travelled fast. In the last 12 months Pettersen has worked with over 1,500 customers in Alesund and the surrounding area. He feels that his simple and natural mulberry formula has been a tremendous success.

He concludes, "Once my customers try mulberry leaves, they come back, often with friends and family, and buy several packages. It is rewarding because I see them coming back happy, healthy and slimmer."

MULBERRY - A BREAKTHROUGH!

For centuries, the Japanese culture, which is known for having a long life and a slim, healthy physique, has enjoyed the benefits of mulberry leaves. We now know from clinical studies how mulberry leaves regulate blood sugar levels. For dieters, this means a lower production of insulin after eating carbohydrates. Insulin is responsible for storing excess calories as fat and for shutting down fat burning. Too much insulin is a dieter's worst enemy!

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canada

Dion strikes back

Grit leader says Tory attack ads part of 'campaign of lies'

CHRIS WATTIE/REUTERS

Even though there's no election in sight, the Conservatives have launched attack ads against the Stéphane Dion and the Liberal Party over its plans for a carbon tax.

Accusations of tax grabs and insults flew in Parliament yesterday as the Conservatives engaged in early battle with the Liberal Party over Stéphane Dion's plans for a carbon tax.

Dion is set to make his carbon tax plan the main talking point of his summer barbecue circuit and possibly the next election campaign — but the Conservatives clearly want to define the issue before he does, and launched a series of attack ads on Sunday over the issue. The ads are being broadcast on radio and also being aired at gas station pumps. The ads are being broadcast on radio, but some audio-visual ads — featuring a spot of black grease that talks — are also being aired at gas station pumps.

"Instead of taking this seriously, what do the Conservatives offer? A cartoon, a talking grease spot," Dion said in Parliament.

"When are the Conservatives going to stop insulting Canadians and offer a real plan to tackle climate change instead of cartoons and a campaign of lies?"

One Liberal source said the plan would add $15 billion in taxes, with some or all of it being returned via other tax cuts. REUTERS

A mother's heartache

Shock follows news of soldier son's fluke Afghanistan accident

By **ROBYN YOUNG**
Metro Halifax

ROBYN YOUNG/METRO HALIFAX

Anne Snyder of Halifax looks at photos of her son Capt. Jonathan Snyder, who died in Afghanistan last Saturday.

Anne Snyder recently had a conversation with her son about the dangers of deployment, but she never imagined the fluke accident that would end up claiming Capt. Jonathan Snyder's life.

"I said, 'JJ, you could go at any time,'" said Anne Snyder from her Halifax home on Gladstone Street as she sorted through photos of the young man.

He told her when his number's up, his number's up, she remembered.

"But to think," she said, her voice beginning to tremble, "a well."

The 26-year-old officer was on his second tour of duty in Afghanistan and died Saturday night after falling down a deep well while on night patrol in the Zhari district of Kandahar province. Army officials believe he drowned.

Snyder will fly to Trenton, Ont., today to attend the repatriation ceremony for her son.

She said when she heard the news of his death, it was very much a shock, even though he'd been serving in Afghanistan since 2006.

"He lost several members in his platoon, but always excelled," she said, beaming with pride.

The young man grew up in Penticton, B.C., where he met his high school sweetheart and fiancée, Megan Stewart, whom he planned to marry in December.

His mother said when her two sons, Jonathan and Adam Snyder, had grown up and moved away, she moved back to Halifax, where she was born.

–robyn.young@metronews.ca

Bill C-50 passes new powers

Sweeping — and controversial — immigration reforms that will shake up the way Canada chooses its newcomers passed a final vote in the Commons last night.

Bill C-50 passed 120-90 and under the changes, Immigration Minister Diane Finley will have the power to issue "instructions" to her department to give priority to categories of immigrants whose job skills are in demand in Canada. She would also have the power to refuse applications in other categories. TORSTAR NEWS SERVICE

»news In Brief

» **SMOKES** Shop owners in Ontario and Quebec have followed in Nova Scotia's footsteps and must now hide tobacco products from their customers under rules that will cover most of the country by year-end as it tries to stamp out smoking by young people. REUTERS

world

One of the last shipments to a U.S. research base in Antarctica before the onset of winter darkness was a year's supply of condoms, a New Zealand newspaper reported yesterday. REUTERS

'I will use a knife': Suspect

Man arrested in Tokyo killings posted warnings on website

A man arrested for killing seven people in a knife rampage on a crowded Tokyo shopping street posted dozens of warning messages on the Internet in the hours leading up to the attack, Japanese media reported yesterday.

Japanese police arrested a 25-year-old blood-spattered man at the scene for driving a truck into a crowd of Sunday shoppers in Akihabara, Tokyo's biggest electronics shopping district, and then walking down the street stabbing people at random.

Passersby prayed and dropped flowers yesterday at the scene of the attack, as a bewildered Japan tried to make sense of the latest in a series of random acts of violence.

Kato in an undated photo

worrisome words

» In the last of more than two dozen Internet postings, Kato wrote a few minutes before the truck was rammed into the crowd: "The time has come."

» "I'm used to acting like a good person. I can fool everyone easily," Kato had written earlier, adding he was struggling to make friends.

Before the rampage in Akihabara, the arrested man, Tomohiro Kato, had warned on an Internet site that "I will kill people in Akihabara," Japanese media reported.

"I will crash my car and when the car becomes unusable, I will use a knife. Goodbye, everyone!," the man wrote on his Internet site early Sunday morning, the Asahi newspaper said.

The Mainichi newspaper said Tokyo police had heard of similar posts on another Internet site, but could not stop the attacks.

Sunday's attack followed the killing of one person in a random stabbing outside a train station north of Tokyo in March, while five were hurt in a similar attack in January. REUTERS

Obama to tax windfall profits

Barack Obama said yesterday he would impose a windfall profits tax on U.S. oil companies as he sought political gain from Americans' pain over high gasoline prices.

Launching a two-week focus on the economy after claiming victory in the Democratic presidential nomination contest, Obama drew a sharp contrast between his economic policies and those of John McCain, his Republican rival in the election.

"I'll make oil companies like Exxon pay a tax on their windfall profits, and we'll use the money to help families pay for their skyrocketing energy costs and other bills," Obama said.

He charged that McCain's support for extending U.S. President George W. Bush's tax cuts means he is in favour of $2 trillion US in corporate tax breaks, including $1.2 billion for Exxon Mobil Corp. REUTERS

»news In Brief

» **QUAKE** Muddy lake water from a dangerously unstable "quake lake" rushed into the devastated Chinese town of Beichuan late yesterday, covering about a third of the settlement where the water level was rising fast.

» **WEATHER** A dam near the Wisconsin Dells resort area broke yesterday, sweeping away some homes, as torrential rains caused more flooding across parts of the U.S. Midwest, authorities said. No deaths or injuries were reported, though residents living beside a few rain-swollen rivers in central Wisconsin were urged to evacuate, the Columbia County Sheriff's office said.

» **NUCLEAR** The European Union and the United States will warn Iran today they are ready to go beyond agreed UN sanctions if it shuns demands to suspend sensitive nuclear work, according to a draft summit communique. REUTERS

Wildlife **Tiger initiative**

KEVIN LAMARQUE/REUTERS

Harrison Ford takes part in the launch of the Tiger Conservation Initiative at the National Zoo in Washington yesterday. The initiative, backed by the World Bank and a coalition of partners, is aimed at protecting the tiger population and their habitat. Actors Bo Derek and Robert Duvall also support the initiative.

Roman-era necropolis for the poor found

Archaeologists have discovered a nearly 2,000-year-old, intact necropolis on the outskirts of Rome that gives a rare insight into the lives of poor labourers in the Roman era.

The simple burial complex, dating to the 1st and 2nd century A.D. when the Roman empire was at its height, held about 320 tombs bearing well-preserved skeletal remains and artifacts like lamps and jewellery to accompany the dead into the after-life.

remains

» The human remains unearthed were predominantly male and displayed the effects of back-breaking work in humid conditions, suggesting they were likely workers at port facilities.

Archaeologists yesterday hailed the discovery as significant for offering a rare glimpse into the beliefs and traits of one of the poorest sections of Roman society — labourers or slaves who probably carried merchandise at a nearby port. REUTERS

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business

Dollar		Oil	
0.22¢	C$ 97.89¢US	$134.35US	
	U.S.$ $1.0216	$4.19	

Billionaire investor Carl Icahn yesterday fired off a letter savaging the board and management of Yahoo Inc. for failing in its growth plan, the latest volley in an escalating proxy battle. REUTERS

New iPhone coming to Canada

The next generation of Apple Inc.'s iPhone will be cheaper, run on 3G high-speed mobile networks and, for the first time, be made available to Canadians. It will go on sale July 11 in Canada through Rogers Communications.

The 8-gigabyte version will cost $199 ($299 for the 16-gigabyte version), the same as in the United States.

Apple plans to make the device available in 70 countries this year to achieve its goal of selling 10 million of the all-in-one cellphone, iPod and Web browsing devices this year.

TORSTAR NEWS SERVICE

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Beer sales slumping as tastes change

Booze sales in Canada last year grew at their fastest pace in four years due in part to higher prices and population growth, new data from Statistics Canada shows.

Beer remained the number one No. 1 alcohol beverage of choice but wine continued to grow at a faster pace. In Ontario, sales of beer actually declined for the first time in 10 years, the study also said.

red wine

» By dollar amount, red wine sales have jumped 130 per cent since 2000, while white wine sales are up just 33 per cent.

Consumers continued to shift away from beer and toward more wine, particularly red wine, the study noted. Over the past decade, sales of beers have declined to 47 per cent while wine grew to 28 per cent of the market. TORSTAR NEWS SERVICE

»news In Brief

» **DRILLING** BP Plc said yesterday it has no immediate plans to drill properties in Canada's Beaufort Sea that it was awarded last week after bidding $1.2 billion. REUTERS

metro

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Metro is the world's largest international newspaper, with more than 20 million daily readers in 100 major cities in 21 countries.

Please recycle

sports

Cincinnati Reds slugger Ken Griffey Jr., left, belted his 600th career home run last night against the Florida Marlins to become just the sixth player in history to reach that milestone. METRO NEWS SERVICES

Oranje power past Azzurri

Dutch side earns first ever Euro Cup win over Italy

EURO2008

The Netherlands lit up Euro 2008 yesterday with a landmark performance to stun world champions Italy 3-0 while their wonderful fans delivered an example of colorful, noisy but peaceful support.

It was the Netherlands' first win over the Italians in nine attempts spanning 30 years — their last success coming in the 1978 World Cup — and Italy's worst-ever defeat in a European Championship.

It also put the Dutch in early control of the fearsome Group C after France were earlier held to a 0-0 draw by underdog Romania.

LARS BARON/BONGARTS/GETTY IMAGES

Wesley Sneijder of Netherlands scores his team's second goal against Italy's goaltender Gianluigi Buffon yesterday during preliminary-round action at Euro 2008 in Bern, Switzerland.

"I'm happy and proud, but it is only a first step," said Dutch coach Marco van Basten.

Ruud van Nistelrooy, Wesley Sneijder and Giovanni van Bronckhorst scored the Dutch goals.

The Italian team could only apologize and promise to lift their game.

"On behalf of my teammates, I feel I must apologize to all the fans; they, like us, did not expect this result," Italy skipper and goalkeeper Gianluigi Buffon told Italian TV.

The 3-0 defeat was Italy's worst tournament loss since the 4-1 reverse to Brazil in the 1970 World Cup final and it left coach Roberto Donadoni scratching his head.

"We let them score goals and we played naively, though the first goal looked as if it was clearly offside," he said. REUTERS

> *« I'm happy and proud, but it is only a first step. »*
>
> *Dutch coach Marco van Basten*

»sports In Brief

» **NFL** New York Giants defensive end Michael Strahan said he was retiring yesterday, ending a 15-season NFL career. The 36-year-old played his entire career with the Giants, and retires as the NFL single-season sack leader with 22.5 sacks in 2001.

» **NFL** The Chicago Bears released running back Cedric Benson yesterday following arrests for drunken driving and boating, general manager Jerry Angelo said. "Cedric displayed a pattern of behavior we will not tolerate," Angelo said in a statement. Benson, 25, was the fourth overall pick in the 2005 draft out of the University of Texas.

» **NFL** Tennessee Titans linebacker Ryan Fowler has been notified by the NFL that he faces suspension for being in violation of the league's policy for performance-enhancing drugs, according to ESPN.com. The website said that Fowler received a letter from the NFL on Friday that said it had "credible information" that Fowler "purchased, used or supplied" performance-enhancing drugs.

METRO NEWS SERVICES

Hasek goes out on top

Star goalie retires as Cup champion

Detroit goalie Dominik Hasek, known as The Dominator over a 16-season NHL career that included six awards as top goaltender and two Stanley Cups, announced his retirement yesterday.

Hasek, 43, who also led the Czech Republic to the gold medal at the 1998 Winter Olympics, said he had no regrets about his decision to retire from the Red Wings and return to Europe to run his clothing business.

"I don't think it was a very difficult decision for me," Hasek told reporters, adding that he had talked about the possibility with his family in the past few months.

"Physically, I was feeling great."

Hasek said he had lost motivation and did not want to disappoint himself or others.

"Right now, I don't feel it is there," he said.

Hasek was ranked among the top goaltenders in the regular season, but was replaced in the first round of the playoffs by Chris Osgood. Detroit beat Pittsburgh last week to win their fourth Stanley Cup in 11 years.

Hasek won his two Stanley Cups with the Red Wings, but his best years were with the Buffalo Sabres, where he won the Vezina Trophy six times from 1994-2001 and also won the Hart Trophy as the league's most valuable player in 1997 and 1998.

Hasek also played in Chicago and Ottawa, finishing 10th all-time with 389 NHL regular season victories and sixth in shutouts with 81. He also won 65 playoff games. REUTERS

REBECCA COOK/REUTERS

Dominik Hasek, who is 10th all-time with 389 NHL regular season victories and sixth in shutouts with 81, announced his retirement during a news conference yesterday in Detroit.

Win a Father's Day Golf Getaway!

Metro salutes the Dads' that taught us to ride our bikes, kissed our boo-boos, and always reminded us to "TURN OFF THE LIGHTS!" So forget about Soap-on-a-Rope and win a Father's Day Golf Getaway to Sun Peaks Resort for Dear ol' Dad. Your Dad, along with his three buddies, will enjoy two days of golfing, cart rentals and two nights accommodation at Bear Country Lodging at Sun Peaks Resort!

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Sun Peaks Resort

Bear Country Lodging Co.

The Detroit Pistons have scheduled a press conference for today, at which time it is expected that Michael Curry, left, will be introduced as the club's new head coach. METRO NEWS SERVICES

HNIC doesn't need anthem

TOUL BOX
SCOTT RINTOUL
scott.rintoul@metronews.ca

There will be many Canadians expressing outrage over CBC's divorce with composer **Dolores Claman** and the Hockey Night In Canada theme song.

CTV purchased the song yesterday and will use it to augment its NHL broadcasts on TSN, which now includes far more Canadian teams than in previous years.

But, while it's tough to see tradition broken, will this really change the viewing habits of hockey fans?

Like most of you, I grew up watching Hockey Night In Canada every Saturday night. There were a few constants: **Bob Cole**, **Don Cherry**, **Ron MacLean** and the HNIC theme song. The latter was the signature sound of the broadcast, the calling card that conjured up images of goals, saves and hits.

While this well-known tune is certain to enhance TSN's production, it won't stop me, or the majority of you for that matter, from tuning into CBC on Saturday nights. In fact, a case could be made that this is a positive step for our national public broadcaster, as CBC has constantly been criticized for living in the past with regards to its programming.

Yes, this better positions CTV for an eventual takeover of Hockey Night somewhere down the road, but CBC has a contract in place through the 2013-14 season, and I find it hard to believe that **Scott Moore**, the head of sports at the mother corp., would let the network's crown jewel slip away.

» The list of adjectives that comes to mind when asked about **Dominik Hasek** is both long and diverse, but for me, no word better describes the Czech goaltender than unique.

From his unorthodox style to his confounding on-ice antics, Hasek authored a tale of hockey brilliance that is truly unlike any other. Selected in the 10th round of the 1983 draft, Hasek finally made his way to Chicago in 1990 and was promptly planted on the bench behind **Ed Belfour**.

He was traded to Buffalo two years later, and captured his first of six Vezina trophies in 1994. At the height of his dominance between the pipes, Hasek carried the Czech Republic to the gold medal at the 1998 Olympics in Nagano and then backstopped a team of virtual unknowns to within two wins of the Stanley Cup in 1999.

He captured hockey's elusive grail in 2002 with the Red Wings and once again as **Chris Osgood**'s backup last week. His resume makes him one of the greatest goalies of all time.

» Want to weigh in? E-mail me at scott.rintoul@metronews.ca

How to make a Scott Rintoul: Mix equal parts college athlete, sports fan and broadcaster. Shake vigorously.

»sports In Brief

» **OLYMPICS** The NBA will make no attempt to gag members of the U.S. men's basketball team competing at the Beijing Olympics, even as the league attempts to woo the Chinese market, NBA commissioner David Stern said on Sunday.

» **NBA** The Chicago Bulls reportedly have chosen Vinny Del Negro as their new head coach. Del Negro, who has no prior NBA coaching experience, spent the past season as the assistant general manager of the Phoenix Suns.

METRO NEWS SERVICES

SCOREBOARD

NBA

NBA FINALS
BOSTON VS. L.A. LAKERS
Game 2 — Sunday
Boston 108 L.A. Lakers 102
Game 3 — Tonight
Boston at L.A. Lakers, 6
Game 4 — Thursday
Boston at L.A. Lakers, 6
Game 5 — Sunday
*Boston at L.A. Lakers, 6
Game 6 — Tuesday, June 17
*L.A. Lakers at Boston, 6
Game 7 — Thursday, June 19
*L.A. Lakers at Boston, 6
(Boston leads series 2-0)
(* – if necessary)

MLB

YESTERDAY'S RESULTS
AMERICAN LEAGUE
Chicago White Sox 7 Minnesota 5
Kansas City 3 N.Y. Yankees 2
Cleveland 8 Detroit 2
Seattle 3 Toronto 2
Tampa Bay 13 L.A. Angels 4
NATIONAL LEAGUE
Pittsburgh 5 Arizona 3
Cincinnati 9 Florida 4
San Francisco 3 Washington 2
TODAY'S GAMES
AMERICAN LEAGUE
Baltimore at Boston, 4:05
Minnesota at Cleveland, 4:05
Chicago White Sox at Detroit, 4:05
Seattle at Toronto, 4:07
Texas at Kansas City, 5:10
N.Y. Yankees at Oakland, 7:05
Tampa Bay at L.A. Angels, 7:05
NATIONAL LEAGUE
Washington at Pittsburgh, 4:05
Arizona at N.Y. Mets, 4:10
Philadelphia at Florida, 4:10
St. Louis at Cincinnati, 4:10
Atlanta at Chicago Cubs, 5:05
Milwaukee at Houston, 5:05
San Francisco at Colorado, 6:05
L.A. Dodgers at San Diego, 7:05

CFL

PRE-SEASON
THURSDAY'S GAMES
Toronto at Montreal, 4
Winnipeg at Hamilton, 4
FRIDAY'S GAMES
B.C. at Saskatchewan, 6
Edmonton at Calgary, 6

EURO 2008

GROUP A

	W	L	T	GF	GA	PT
Portugal	1	0	0	2	0	3
Czech Rep.	1	0	0	1	0	3
Switzerland	0	1	0	0	1	0
Turkey	0	1	0	0	2	0

GROUP B

	W	L	T	GF	GA	PT
Germany	1	0	0	2	0	3
Croatia	1	0	0	1	0	3
Austria	0	1	0	0	1	0
Poland	0	1	0	0	2	0

GROUP C

	W	L	T	GF	GA	PT
Netherlands	1	0	0	3	0	3
France	0	0	1	0	0	1
Romania	0	0	1	0	0	1
Italy	0	1	0	0	3	0

GROUP D

	W	L	T	GF	GA	PT
Greece	0	0	0	0	0	0
Spain	0	0	0	0	0	0
Sweden	0	0	0	0	0	0
Russia	0	0	0	0	0	0

YESTERDAY'S RESULTS
Romania 0 France 0
Netherlands 3 Italy 0
TODAY'S GAMES
Spain vs. Russia, 9
Greece vs. Sweden, 11:45
TOMORROW'S GAMES
Czech Republic vs. Portugal, 9
Switzerland vs. Turkey, 11:45

SOCCER

UNITED SOCCER LEAGUE GAMES FEATURING THE VANCOUVER WHITECAPS' MEN'S TEAM:
FRIDAY'S GAME
VANCOUVER at Rochester, 5
TUESDAY, JUNE 17 GAME
VANCOUVER at Montreal, 4:30

Advertising Feature

UNIQUE Korean Experiences!

Korea Sparkling

Ambitious travellers looking for sparkling cultural experiences need look no further than the Korean peninsula for the chance to do something truly new, exciting and unique.

Take a break from peeking at tapestries by resting yourself with an invigorating Temple Stay at one of Korea's spiritually rich Buddhist temples. With most temples located in national or provincial parks throughout Korea, a Temple Stay can offer a perfect combination of natural beauty and historical charm.

Each Temple Stay is much more than a simple chance to relax, however. It is a complete, unified experience offering adventurers a chance to experience a multitude of Korean cultural delights simultaneously.

Travellers doing a Temple Stay can attend a Buddhist ceremony and participate in Seon (Zen) meditation, with many temples offering training programs and instruction in meditation and Buddhist martial arts.

The highlight of any Temple Stay is the tea ceremony where contemplation, flavour and relaxation combine to restore the mind and rejuvenate the soul, melding both together back into glorious harmony.

Choose an overnight experience or stop by for a temple day experience depending on your schedule – either way you are sure to enjoy yourself.

For travellers fascinated by how history and modernity intertwine, a visit to Korea's Demilitarized Zone (DMZ) is absolutely mandatory. Cutting the Korean peninsula in half and approximately only four kilometres wide along its 250 km length, the fortified border at the DMZ is of great political importance to Korean and international relations. Half-day tours to the DMZ can be accessed directly from Incheon International Airport or from many points in downtown Seoul.

For visitors looking for a more intense and invigorating experience, opportunities abound to enjoy hiking in one of Korea's many majestic national parks. With 70 per cent of the country covered by mountains, Korea is truly a hiker's paradise.

Seoraksan National Park in north-eastern Korea, Hallasan National Park on Jeju Island and Jirisan National Park in south-western Korea all offer prime hiking territory for the adventurous traveller hoping to experience some of Korea's peerless natural environment.

Why not join a Taekwondo program to learn more about Taekwondo history and get trained in the graceful, empowering martial art? Beginners are most welcome and classes lasting a few hours usually take place in the morning, leaving the entire afternoon free for further exploration. Once you've fallen in love with the sport, check out the Taekwondo Cultural Festival which runs from July 4 – 11 as well.

With no shortage of unique experiences to choose from, a trip to Korea is sure to invigorate the senses, rejuvenate the soul and build wonderful memories.

Question: To rejuvenate your soul, what might be included in your Korea package?
A1: Temple Stay (Tea Ceremony)
A2: Hiking in Mount Halla
A3: Shopping in Dongdaemun Market
A4: Taekwondo Experience

Read the story above, then answer the contest question by visiting www.metronews.ca/vancouver/win

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METRO NEWS SERVICES

Your love don't cost a thing

Avoid temptation to blow big bucks on dating scene

Who hasn't lost control when it comes to spending big bucks on dates?

We'll be the first to admit we've gone a little overboard in the past. Just last year one of us spent more than $700 (in a state of panic) for the perfect outfit for a date. Another one of us managed to rack her Visa bill up into the hundreds, buying a cute dog leash and collar for her pooch, so her dog would look especially cute for their dog-walking date!

Whether you're treating yourself to a new outfit or treating your date to dinner and drinks, the quest for love can add up.

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But impressing your date doesn't have to mean emptying out your bank amount. In fact, your date is much more likely to be impressed by the effort and creativity that has gone into planning your time together, rather than the money that you have dished out to make the date happen.

Here are some ways to keep your date hot and your spending in control:

» Rather than meet your date for dinner, get together over breakfast or lunch. Dinner is often the most expensive meal of the day and even though lunch menus often offer similar menu items, restaurants often charge considerably less than dinner. Even better, meet for a coffee for your first date. Why invest a fortune when you're not even sure what the return on investment will be?

» If going to the theatre is your thing, purchase tickets for preview nights. Not only do you get to see the performance before everyone else but you can also save money. Also check out community theaters for smaller productions, which come at a fraction of the cost.

Rather than meet your date for dinner, get together over breakfast or lunch.

» Now that we are in summer, most metropolitan cities start to offer cultural events, which are often inexpensive and sometimes even free. Why not grab a drink with a date and check out the Jazz Festival? Also, art galleries often offer wine and cheese events that are open to the general public at a low cost.

These activities won't cost you a fortune and are a great opportunity for some flirty conversation and chance to really get to know each other.

And before you run out and spend hundreds on a new outfit for your next date, remember to check out your girlfriend's closets (we came up with this rule after the $700 incident!). On a first date, you will be the only one who ever knows that that sexy shirt has been worn by someone else.

If you have questions for the Smart Cookies or want to share your confessions, please email *smartcookies@metronews.ca*.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit *smartcookies.com* for more tips.

money matters » *will return...*

Rental Assistance Program

Making a difference for families

If your household income is **$35,000 or less**, you may be eligible to receive cash assistance with your monthly rent payments. Effective April 2008, the Province has increased the maximum household income level for the Rental Assistance Program for low-income, working families.

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For more information, call **604-433-2218** in the Lower Mainland or **1-800-257-7756** elsewhere in B.C.

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mind&body

Day to night makeup

alive

From the editors of alive magazine; alive.metro@alive.com

When it comes to makeup, it's easier than you think to transform a neutral daytime palette into something chic and sultry for a night on the town. The rules for day still apply, but with a twist.

To go from day to evening, keep your look fresh and natural — just add depth, a little shimmer, and a lot more shine.

Find good-quality, portable products

» Before you head out in the morning, along with your makeup, pack a set of professional makeup brushes made with natural bristles. Not only are they handy for touch-ups, but they are also easier to clean and carry fewer bacteria than sponge applicators.

Focus on your eyes

» Now play up your eyes. After all, smokey eyes are a girl's best friend. Try adding a darker taupe eyeshadow in the crease and to the outside corner of the lid, blending well. Using charcoal, chocolate brown or deep plum eyeliner or shadow, line the eye at the lash line and smudge for instant drama.

Allow smokey eyes to dominate your evening look with a nude or natural shade of lipstick, layered with clear or tinted lip gloss.

Give flaws the slip

» To get ready for the evening, freshen your look by removing existing makeup and reapplying foundation to a clean complexion. Apply tinted moisturizer or a light concealer on trouble spots such as blemishes or sunspots, and set with a dusting of translucent powder.

Get cheeky

» Gently highlight cheekbones with a bronzy glow. Dot a sheer powder or liquid highlighter at the tops of the cheekbones and blend. Play with light and shadows by adding highlights to the centre of the forehead, chin, neck and shoulders.

Make your lips speak volumes

» Neutral lipstick colours plump up lips naturally and allow smoky eyes to dominate your evening look. Apply a nude or natural shade of lipstick and layer with clear or tinted lip gloss.

beauty tips

Save time and space:
» Palettes and multipurpose colour sticks are handy — you don't have to carry your entire makeup collection.
» Palettes contain several shades of eye or lip colour, while multipurpose colour sticks can be used on lips, cheeks, and eyes.

The eyes:
» Plump lashes with an eyelash curler.
» Adding more mascara on top of existing mascara will cause yucky clumps to form.

The cheeks:
» Brush bronzer down from the temple and over the apple of the cheek.
» Keep blush to a minimum so focus stays on the eyes.

ALIVE MAGAZINE

Freshen your look with a tinted moisturizer like this one from Aveda, $25 (50ml). *www.aveda.com.*

A sexy, polished night time look can be yours—just be playful and have fun.

alive is Canada's award-winning natural health and wellness magazine. Visit alive.com for more.

If you decide to hike Grouse Grind, don't forget essentials like a water belt, above, and CamelBak pack, below.

Sweat your way to the top

Tips on hiking Grouse Grind

By **JOYCE YIP**
for Metro Vancouver

Grouse Grind virgins, this could be your summer.

North Vancouver's aptly named 853-metre vertical trail is open for hikers looking to sweat their way to the top for a bird's eye view of the Lower Mainland and a wonderful sense of accomplishment.

Dave Norona, professional adventurer and Metro's outdoors columnist, says the trail is in great shape. Are you?

"The Grind has steep steps. It's basically like doing lunges for an hour because the steps are almost as twice as big as the ones in your apartment," Norona said.

First-timers should expect to complete the hike in about two hours, although the record is just under 30 minutes. The café on the peak is a great motivational boost.

essentials

» Extra food (power bar)
» Cellphone
» Head lamp/flashlight
» Whistle
» Extra Clothing
» A CamelBak (pictured below) or a water belt (above).

JOYCE YIP/FOR METRO VANCOUVER

"It's always nice to get the workout, enjoy the view on top, and maybe even grab a beer or coffee before taking the tram down," Norona said. "It really gives you that great sense of accomplishment."

While Norona said he understands hikers' excitement for the Grind, he suggested training in less challenging trails that are offered in UBC or Stanley Park.

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Much more than intercourse

Yoga, sex, spirit merging

Sex, meet spirituality. Spirituality, meet sex.

In a growing offshoot of the world of yoga, sex and spirit are coming together again after a long estrangement.

The most spectacular result of this climactic coupling of intercourse and prayer is – of course – transcendent orgasms that last longer and feel better.

But that's just the tip of the iceberg. Proponents of the spiritual approach to sex say it offers greater emotional awareness, more connected relationships, and a greater sense of fulfillment in life.

"People are hungry for meaning, for spiritual connection," says Gina Ogden, a sex therapist and author of several books about the connection between sex and soul. "This work offers a model for people to channel that which moves them most – and that might be their sexual energy – into a larger container that enables them to connect their feelings to the rest of their lives."

Influenced by modern psychology as well as ancient Eastern traditions, the spiritual approach to sex has sparked a startling new conversation about the emotional, mystical and spiritual powers of an act that has long been treated as a physical and psychological phenomenon.

You might have heard of Tantric sex and the Kama Sutra, but this new wave of sexual exploration places these ancient practices squarely in the present, aiming to help modern couples, both straight and gay, find sexual satisfaction.

KEITH BEATY/TORSTAR NEWS SERVICE

In the pose of Yab-Yum, which means father-mother in Tibetan, couple Kim Ward-Campbell and Demian Melnyk focus on one of the postures of the sensuality movement.

Nicole Halpern's life was radically changed when she stumbled into the One Taste urban retreat in San Francisco in 2004. She thought it was a hair salon, but stayed for a yoga class, then began taking courses in sensuality and orgasmic meditation. It was a whole new world.

> *« If people had greater access to their sex and sensuality, I feel a lot of the problems of our society wouldn't be there »*
>
> *Nicole Halpern, spiritual sex practitioner*

"I'd always felt uncomfortable, shame around sex," she says. "It felt like something I couldn't talk about, something I had to hide."

One Taste, a sort of sex research lab with a full calendar of workshops, offered a safe place to explore parts of herself she'd long ignored. Eventually Halpern, 34, gave up her job as a political activist to become a teacher and coach at the centre, and she now practises orgasmic meditation daily.

"For me, it's a spiritual practice," she says. "I've learned not to just use my mind as a way to figure things out, but to use my body as a way to know and to have greater understanding."

Fulfillment spreads outward from orgasm into life.

"I've become more grounded," says Halpern. "I know how to channel energy. I have greater access to my body. I know how to ask for the things I want, and I know that I can have them."

One key teaching of spiritual sex is that both partners must let go of the goal-oriented drive to orgasm. In fact, experienced practitioners focus on the moment just before orgasm, attempting to extend it, rather than going over the edge to full release.

The technique takes training, but the benefits could be worth it.

"If people had greater access to their sex and sensuality, I feel a lot of the problems of our society wouldn't be there," says Halpern.

TORSTAR NEWS SERVICE

orgasm vs. yogasm

» How does a "yogasm" differ? In orgasmic meditation, orgasm comes before full release, with the focus on extending and enhancing this moment.
» Valley orgasms, as opposed to peak orgasms, are associated with stillness, muscular relaxation and intimate connection. Valley orgasms energize; peak orgasms can be exhausting.
» More information: Sex Therapist Gena Ogden, *ginaogden.com*; One Taste Urban Retreat Centre, *onetaste.us*.

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COLIN POWELL
A LIFETIME OF EXPERIENCE
What is it like to...

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Kids' couch-surfing hits new high

LUCAS OLENIUK/TORSTAR NEWS SERVICE

New evidence shows children and teens spend an average of 42 hours a week — three times longer than recommended guidelines — staring at a screen.

Average screen time is now six hours per day

Canadian kids are continuing to swap their running shoes for cartoons, computers and high-octane video games, pushing sedentary behaviour to an all-time high across the country.

New evidence shows children and teens spend an average of 42 hours a week – three times longer than recommended guidelines — staring at a screen. And experts have given this couch-surfing existence a failing grade in an annual report card on physical activity.

This is the fourth straight year Canada has scored an overall grade of D on the Active Healthy Kids Canada report card. But it is the first time an F has been handed out for the screen-time subcategory.

Children between the ages of 10 and 16 are spending an average of six hours a day in front of a television or computer screen, according to the report card. Current guidelines recommend a total of two hours of leisure screen time a day.

Preschool-aged children are watching up to two hours of television a day, which far exceeds their daily screen-time guideline of 30 minutes.

"This is leisure time so the explanation that kids don't have time to be active is not one, at least from this evidence, that seems valid," said Tremblay, who is also chief scientific officer of Active Healthy Kids Canada.

The report card found 90 per cent of children and teens don't meet Canada's recommendations for 90 minutes of moderate to vigorous physical activity every day, which also prompted a grade of F in that sub-category.

Kids being less active is one of the reasons rates of childhood obesity are soaring in Canada. Rates have tripled in the last 20 years.

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Feeling good, naturally

alive

From the editors of alive magazine; alive.metro@alive.com

Here are five ways to rev up your summer exercise routine:

1. Pumping iron

» Strength training not only increases muscular strength but also improves quality of life and increases metabolism.

2. Doing "one hundreds" and "downward dogs"

» A number of innovative instructors have combined Pilates and yoga positions for a fusion of mind/body workouts.

Fusing yoga moves, like this downward dog pictured, with Pilates positions can help enhance mind/body workouts.

3. Basic training at boot camps

» Boot camp franchises cater to the individual who wants their fitness served with a dose of fresh air and military-style instruction.

4. Rebounding

» A popular 1970s nonimpact activity, it involves bouncing on a mini-trampoline.

5. Channelling your inner stripper

» LA and New York's hottest (and most daring) workouts include pole dancing, chair dancing, and cardio striptease.

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entertainment

Leonardo DiCaprio, left, is set to star in the biopic Atari, about Nolan Bushnell, one of the founding fathers of the videogame industry. EW.COM

Sloan takes Parallel path

Rock act mines diverse influences on ninth album

By **ROB MCMAHON**
for Metro Vancouver

What's the connection between Led Zeppelin, a custard pie and one of Canada's best-known power-pop bands?

According to Sloan singer-guitarist Patrick Pentland, a touch of anxiety.

On the cusp of releasing Parallel Play, he's worried about the band getting pegged with another overriding influence, such as earlier comparisons to the Beatles. While Sloan has worked to shake that tag, it's a stress.

"The other day I brought a custard pie into the studio from a bakery down the street. Someone said 'Hey, remember Custard Pie, that Led Zeppelin song?'" he said. "Someone had it in their iPod and we put it on, and Jay said 'Why don't we rip off the drum beat and write a song around it?'…But then we thought someone might say 'Oh they're going through a Zeppelin stage'!"

Pentland also bats away possible connections to roots rock, despite the acoustic base of some of the new disc's songs and Wilco-esque production flourishes. Instead, he points to the band's diverse influences: rambling, electric-era Dylan, reggae, and keyboards played by Pentland's father.

This range, he said, stems from the band's songwriting process — an approach referenced in the title Parallel Play. The term, pulled from child psychology, describes a situation where children enjoy playing independently, but in the company of other kids.

"Sometimes in the past, we had not wanted to talk about how we make songs, since there's this romantic idea we all straggle into the studio, and one person starts counting out the tempo and we all start playing," he said. "It's not like that. We all play and record together, but go off and write the songs alone."

Not every member likes Spoon- and Shins-style production flourishes — but Pentland sure does. Album-opener Believe in Me features backwards guitar, reverb, eight guitars layered over one another, and a delayed organ. Pentland assembled the song piece by piece over time — the opening guitar riff was actually written last, and then cut and pasted as an intro.

"You can play (the songs) on an acoustic guitar, but there's all kinds of production on top of that," he said. "It adds flavours…It's like making an apple pie and throwing in a little chili, or if your popcorn is too salty, you pour some syrup on it. It tastes good, even if it's not something you're supposed to do."

Parallel Play, the new album from Sloan, is available in stores and online today.

video awards

New Kids added to MMVA lineup

MUSIC MuchMusic has added the reunited New Kids on the Block to the list of performers at the MuchMusic Video Awards on June 15.This will be the first Canadian television appearance for Donnie, Joey, Jordan, Jonathan and Danny in more than 15 years.

tops acts

» Leading nominees for the MMVAs include Hedley, Belly and IllScarlett.

Hedley, Kardinal Offishall, and Rihanna will also perform at the MMVAs.

The New Kids tour North America this summer and fall, stopping in Vancouver on Nov. 21.

TORSTAR NEWS SERVICES

GETTY IMAGES FILE PHOTO

Bob Dylan

Dylan swaps concerts for canvas with art show

Bob Dylan, revered as a singer, songwriter, author and poet, is also an experienced artist, a new exhibition of his paintings shows.

The Halcyon Gallery in central London has put on display dozens of works by the 67-year-old musician, mainly vibrant versions in water colour and gouache of a series of drawings he created between 1989 and 1992 while on tour and in studios. The works were published in 1994 in a book called Drawn Blank, and years later Dylan revisited the series after a curator at an art gallery in Chemnitz, Germany, approached him.

The original drawings were digitally scanned and in some cases enlarged before Dylan re-worked them using different colour schemes.

The result is The Drawn Blank Series, a collection of everyday scenes including train tracks, portraits, sunflowers, wrecked cars, trucks, still lifes and semi-erotic images of a bare-breasted woman or sisters in various stages of undress.

Dylan has consistently resisted interpreting his work, be it music or art.

Speaking in the 1990s, Dylan explained: "The purpose of my drawings is very undefined. They're very personal drawings."

And in an interview with the Times newspaper to publicise the London show, he said any similarities with other, better known artists was "just by accident and instinctive."

Dylan also took a swipe at the music industry.

"The music world's a made-up bunch of hypocritical rubbish," he told the Times.

"And the art world? ... Basically, they are who they say they are. They don't pretend. And having been in the music world most of my life, I can tell you it's not that way. Let's just say it's less ... dignified." REUTERS

Ben Stiller, left, and Reese Witherspoon are starring in Cameron Crowe's as-yet untitled romantic comedy adventure for Columbia Pictures. Crowe will direct from his own screenplay and is producing along with Scott Rudin. EW.COM

Ladies in the swing of things

RIGHT Expert Recruiters' owner Darcia Bower, left, toasts the Sex And The City screening with sister Angela Bower

LEFT: Anaheim Ducks honcho Brian Burke, left, and wife Jennifer Mather-Burke come out to support the golf ladies with Premier Gordon Campbell.

SOCIAL EYES
CATHERINE 'CAT' BARR
info@catherinebarr.com

Girls just wanna have fun this week past as the ladies ruled the big screen and the golf scene. First, it was all about the shoes, the clothes and the BIG ending for Sex And The City fans at the Expert Recruiters private screening party at the Scotiabank Theatre on Burrard Street. Cosmo martinis, champagne and canapes started the night off in style before guests got a chance to laugh and cry with Samantha, Carrie, Charlotte and Miranda. Next, it was time to get into the swing of things with Wendy Cocchia and the 21st Annual Women's Media Golf Tournament. Rainy skies couldn't dampen the spirits of these gals as they hit it home big time for a new autism centre and mediated learning academy. Later, back at the stylish Beyond restaurant and lounge, the gals were treated to a fabulous buffet dinner, fashion show and prize draws. I don't know about our golfing skills — but everyone was more than happy to give it a go "fore" this very worthwhile cause.

Cat Calls? Please visit *www.catherinebarr.com* to submit your event or e-mail info@catherinebarr.com. She can also be heard on CFUN 1410 AM radio Fridays at 4 p.m.

ABOVE: Covered head-to-toe in 911 firefighter stickers, Barbara Alvarez sets off all the alarms at the ladies golf event.

ABOVE: Modelling during the ladies golf banquet are weatherman Marke Driesschen and Shaw TV's Fiona Forbes.

ABOVE: CTV's teeny twosome — Dr. Rhonda Low, left, and morning anchor Mi-Jung Lee make the perfect pair at the ladies media golf tournament.
BELOW: Making dreams come true for kids, Wendy Cocchia and daughter Connie have dedicated their lives to this cause at ladies media golf.

LEFT: Cosmo girls Kelsey Smith, left, Shaylene Vessio, Alex Berry and Adrianna Spyker have got the Sex And The City look down pat.

RIGHT: The Buzz 1410 radio host Jennifer Thomson, left, and gourmet foodie goodie Caren McSherry, of Gourmet Warehouse, brave the weather for charity at ladies golf.

LEFT: Strike a pose — CBC's Gloria Macarenko is pretty in pink as she walks the catwalk at ladies media golf.
RIGHT: Wearing matching outfits by JC Conoir, Expert Recruiters' Linsey Ross, left, Sarah Blackmore and Katerina Martin add style and class to the Sex And The City screening party.

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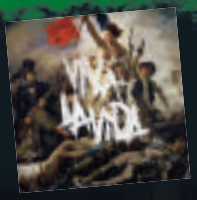

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HBO drama elicits envy

John Adams

Stars: Paul Giamatti

Distributor: HBO DVD box set

DVD REVIEWS
RICK McGINNIS
rick.mcginnis@metronews.ca

AS A CANADIAN, it's hard to ignore a tug of envy while watching HBO's seven-part dramatic miniseries on the life of America's second president.

While the U.S. cable giant seems to be struggling to replicate the success of The Sopranos and Sex And The City in its regular programming, it continues to hit high points with its special programming, such as this adaptation of David McCullough's best-selling biography starring Paul Giamatti.

Giamatti plays Adams as a seether, a man with a healthy ego nonetheless surprised at how history and greatness keep tugging him into the centre ring. Adams was a complicated man, given the unenviable job of following George Washington into the presidency, aware of how he'd always be judged as lacking next to so clearly heroic a figure. Giamatti is perfectly cast as the small man on a big stage, as is Laura Linney as his wife Abigail, quite literally his better half emotionally and intellectually.

KENT EANES/HBO

Paul Giamatti as John Adams in the HBO miniseries of the same name.

Watching this carefully assembled and undeniably dramatic story play out over nearly 10 hours, one can't help but wonder that Canada has never found a way to do anything similar on the life of Alexander Mackenzie, never mind John A. Macdonald. (Our second and first prime ministers respectively, for the historically illiterate.)

There have been feints, but nothing on this scale, or with this sort of visual distinctiveness.

In a "making of" bonus feature, director Tom Hooper talks about his diligence in making sure his crew didn't lapse into the habit of making the actors look too pretty. His late-18th and early-19th century is a grimy, dirty place, and a dermatological wasteland, judging by the close-ups.

It helps that Giamatti and Linney are surrounded by a stellar supporting cast — watch out for Tom Wilkinson's Ben Franklin and Stephen Dillane's arrestingly still Thomas Jefferson.

more online

» For reviews of Jumper, Dirty Harry Ultimate Collector's Edition, Witless Protection, High Noon: Ultimate Collector's Edition and Diva, please visit *metronews.ca*.

for today's
idiot box»
please visit metronews.ca

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» going out

7 p.m. Islands, Sebastien Grainger and The Mountains (indie/alt rock) perform live. At The Plaza Club, 881 Granville St. Tix: $19.50 (all ages). Info: *plazaclub.net*.

8 p.m. The Black Angels perform live with special guests The Warlocks. At Richard's on Richards, 1036 Richards St. Tix: $12.50. Info: *richardsonrichards.com*.

9 p.m. Stacked Tuesdays: DJs Betti Forde and Trevor Risk mash the latest underground, electro and indie classics. At Celebrities Night Club, 1022 Davie St. Info: *celebritiesnightclub.com*.

9 p.m. 911 Salsa Tuesdays, with DJ Cachete. At Atlantis Nightclub, 1320 Richards St. Info: *atlantisclub.net*.

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primetime 6/10/08	251	308	3	CBC	Coronation St.	Coronation St.	Rick Mercer	22 Minutes	Ron James: Back Home		CBC News: The National (N)		(:05) The Hour
	255	358	6	CH	E! News (N)	The Insider	X-Weighted "Heather" (CC)		Kimora: Fab	Kardashians	Living Lohan	D. Richards	News (N)
	254	-	8	M	Law & Order: SVU		Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		The Simpsons
	250	321	9	CTV	eTalk (CC)	Hollywood	The Moment of Truth (N)		Canadian Idol Auditions. (N)		Law & Order: SVU		News (N)
	-	-	10	OMNI	According-Jim	George Lopez	Coach (CC)	Growing Pains	Jeeves and Wooster (CC)		The Daily	Diya (CC)	New Day
	252	336	11	GTV	Entertainment	ET Canada	NCIS "Suspicion" (CC)		Burn Up (2008) (Part 1 of 2) Neve Campbell. Premiere. (CC)				News (N)
	256	389	12	VI	Degrassi	Friends (CC)	My Best Friend's Wedding ★★★ (1997) Julia Roberts.				Without a Trace (CC)		News (N)
	253	359	13	CITY	Wheel-Fortune	Jeopardy! (N)	Friends (CC)	Friends (CC)	Hell's Kitchen (N) (CC)		Entourage	Role	Reviews
	-	-	14	CW	'70s Show	'70s Show	Beauty and the Geek (CC)		Reaper "All Mine" (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15	CBS	Entertainment	The Insider	NCIS "Suspicion" (CC)		48 Hours Mystery (N) (CC)		Without a Trace (CC)		News (N)
	287	379	16	NBC	Evening Mag.	Inside Edition	Outrageous	Outrageous	Law & Order: SVU		Law & Order: SVU		News (N)
	602	568	19	W	Will & Grace	Friends (CC)	Maxed Out	Style by Jury	Kim	Style by Jury	Good Naked	Good Naked	Maxed Out
	288	380	21	ABC	NBA Basketball: Finals -- Celtics at Lakers			Jimmy Kimmel	Wheel-Fortune	Jeopardy! (N)	Northern Exposure (CC)		News (N)
	-	-	23	KVOS	M*A*S*H	Scrubs (CC)	Devil in a Blue Dress ★★ (1995) Denzel Washington.				Will & Grace	Scrubs (CC)	Seinfeld
	291	383	27	PBS	Back Care Basics: Yoga		The Brain Fitness Program		You: Steps for Extending Your Warranty				Detox
	290	382	28	FOX	Two/Half Men	Two/Half Men	The Moment of Truth (N)		Hell's Kitchen (N) (CC)		News (N) (CC)		Family Guy
	-	364	29	PBS	Frontline "On Our Watch"		Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Nova (CC) (DVS)	
	296	654	34	SBK	Frasier (CC)	Frasier (CC)	Cheers (CC)	South Park	Comics Un.	Half & Half	Entertainment	The Insider	Paid Program
	298	653	35	TLA	Two/Half Men	Two/Half Men	Beauty and the Geek (CC)		Reaper "All Mine" (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	38	WGN	MLB Baseball: Braves at Cubs		WGN News	Beauty and the Geek (CC)		Reaper "All Mine" (CC)		Will & Grace	My Wife-Kids
	297	652	37	WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	Frasier (CC)	George Lopez	Odd Couple
	199	311	76	STR	News (N)	News		Late Show-Letterman		Inside Edition	The Biggest Loser: Couples (CC)		
news	502	390	23	NW	Prince of Pot-US vs Emery		CBC News: The National (N)		CBC News: The National		Prince of Pot-US vs Emery		National
	500	500	43	CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
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	400	400	30	TSN	NBA Basketball: Finals Game 3 -- Celtics at Lakers				SportsCentre	Soccer UEFA Euro 2008 -- Greece vs. Sweden. (CC)			
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	417	406	55	SC	Super Bikes!	Super Bikes!	Pinks	Pass Time	Am. Thunder	Am. Thunder	Street Tuner	Low Life	Super Bikes!
	416	409	144	GLF	(6:00) Fútbol de España		Gol TV News		Hallo Bundesliga		Gol TV News		Gol TV News
family	552	543	25	YTV	Malcolm-Mid.	Prank Patrol	Fries That?	Mon. Warriors	Futurama	Shadow	Falcon Beach (CC)		Mystery Hnt.
	555	545	50	TEL	George	Scooby-Doo	Scooby-Doo	6teen (CC)	Total Drama	Futurama	Teenage Mutant Ninja Turtles II: Ooze		
	557	541	51	FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56	TRE	Comfy Couch	Rolie Polie	Beren. Bears	Dragon	Backyard	Dora-Explorer	Crazy Quilt	Treetown	Comfy Couch
cable variety	268	354	5	KNO	Gardens	Recreat. Eden	Hemingway Adventure (CC)		Allan King		In the Shadow of the Chief		Leading Edge
	575	583	20	CMT	Home Imp.	Roseanne	CMT30	Totally	Reba (CC)	Hope & Faith	Home Imp.	Roseanne	Ed (CC)
	570	580	24	MM	So You Think You Can Dance		Video on Trial	Video on Trial	So You Think You Can Dance (CC)				Dance
	600	564	26	H&G	Green Force	Outside	Colin & Justin's Home		Designer	Design Inc.	Colin & Justin's Home Heist		Green Force
	615	520	31	A&E	CSI: Miami "Identity" (CC)		CSI: Miami "Money Plane"		The First 48 (CC)		The First 48 (CC)		CSI: Miami
	628	584	42	SPKE	CSI: Crime Scene Invstgtn.		CSI: NY (CC)		CSI: Crime Scene Invstgtn.		Star Trek: Voyager (CC)		Deep Space 9
	521	560	44	TLC	48 Hours: Hard Evidence		48 Hours: Hard Evidence		48 Hours: Hard Evidence		48 Hours: Hard Evidence		Detectives
	616	522	39	SHO	ReGenesis "China" (CC)		Blue Murder "Spankdaddy"		Trailer Park	Kenny-Spenny	CSI: NY "The Lying Game"		House (CC)
	620	523	40	BVO	Blue Rodeo-Rehearsal Hall		Law & Order (CC)		Without a Trace "The Line"		Blue Rodeo-Rehearsal Hall		On Screen
	601	562	41	SLC	Plastic-Perfect	Rocker Moms	Newlywed	Matchmaker	Superstar Hair Challenge		Plastic-Perfect	Rocker Moms	Trading Sp
	520	505	42	DIS	Deadliest Catch (N)		Daily Planet		Smash Lab (CC)		Deadliest Catch		How It's Made
	522	506	44	HIS	NCIS (CC)		Digging for the Truth (CC)		Snake Goddess		NCIS (CC)		Crime Stories
	627	528	45	SPC	Hex "The Release" (CC)		Stargate SG-1 (CC)		Star Trek: Voyager (CC)		Star Trek: Enterprise (CC)		Star Trek Gen.
	294	650	47	TBS	The Office	The Office	Sex and-City	Sex and-City	Guess Who ★★ (2005) Bernie Mac, Ashton Kutcher. (CC)				The Cookout
	619	525	48	TROP	News Show	News Show	ET Canada	What	Family Guy	Seinfeld	Seinfeld	Frasier (CC)	Family Guy
	603	561	52	FN	Feasting on Asphalt Memphis.		Restaurant Makeover (CC)		Iron Chef America (CC)		Chef School	At the Table	Feast-Asphalt
	626	547	57	COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	MADtv (CC)		Daily Show
	320	621	60	CEN	In Pot We Trust (CC)			McCullough	I Am an Animal: Newkirk and PETA			Recount ★★★ (2008)	
	581	566	101	MTV	Shot at Love-Tila Tequila		MTV Live (CC)		Shot at Love-Tila Tequila		Shot at Love-Tila Tequila		MTV Live
	261	394	102	V	Jozi-H "Lightning"		Mysterious Ways (CC)		Quantum Leap		Eyes Down	On the Buses	Paid Program
	-	-	105	MUL	The Land	Daughters	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Burn Up

Environmentalism is serious business, so when a movie comes along spouting the importance of it, it's all up to the actors to make it interesting. In this new miniseries, an oil exec develops a conscience and becomes torn between fiscal responsibility and the environment. Neve Campbell, Bradley Whitford, Rupert Penry-Jones and Nigel Bennett star. 9 PM on GTV

Law & Order: Special Victims Unit

She's not mentally challenged, but she does a fine job of playing it on TV in this episode. Young Paulina Gerzon, best known as Maddie on "All My Children," guest stars as the only witness to a brutal attack on her mom, which left the woman in a coma. Because of her disability, Benson and Stabler (Mariska Hargitay, Christopher Meloni) don't think she'll be a reliable witness, but with Huang's (B.D. Wong) help, they do get some interesting info out of her. 10 PM on CTV

celebritybuzz

Lopez gets fit with fashion line

Superstar new mother Jennifer Lopez is reportedly designing a range of exercise clothes, to inspire her own battle to regain her pre-pregnancy figure, imdb.com reports. The singer/actress – who gave birth to twins Max and Emme in February – wants the clothes to go on sale alongside her current J.Lo, SweetFace and JustSweet lines.

A source tells Ok! magazine, "She has some street gear already in her lines, but she wants something exclusively for sneakers, yoga pants and dance gear. She wants it to look great in the gym and in the street, and to be affordable and functional."

Metro News Services

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Mills mad at rude audience

Heather Mills reportedly flew into a rage when partygoers refused to listen to her speech, femalefirst.co.uk reports.

The former model was due to talk about the cruelty of puppy farms at a New York party in support of a book about animals, but launched her verbal assault on guests when they continued to speak over her. She reportedly ranted into the microphone: "Listen up at the back. I haven't been up for 24 hours and flew here from London to be ignored."

Later in the evening, she is said to have complained about the reception she received, saying: "People go to these events, have a drink and leave."

Metro News Services

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It's a girl for Alba, Warren

Jessica Alba and husband Cash Warren have welcomed a baby girl, People.com reports. Honor Marie Warren was born June 7 in Los Angeles, Alba's rep, Brad Cafarelli, confirms. This is the couple's first child.

Alba, 27, and Warren, 31, quietly wed on May 19 at the Beverly Hills courthouse. The two met while working on Fantastic Four, for which Warren was the director's assistant. They became engaged last December.

As for the kind of parent Alba plans to be, the actress recently told Fit Pregnancy that she'll walk the line between tough and nurturing. "I don't want to be my child's best friend. I want to be a mom," she said. "But I do want my child to come to me when they have problems and need to talk, so it's going to be about treading that line."

Metro News Services

Michael may halt Wham! film

A big-screen movie about 1980s hitmakers Wham! has been thrown into doubt after former frontman George Michael refused to give the project the go ahead, imdb.com reports. Michael formed one half of the group alongside Andrew Ridgeley and their former manager Simon Napier-Bell is in talks to make a US $100 million movie about the duo's rise to fame. But Napier-Bell fears the film may never reach cinemas because of Michael's determination to control the production – and it will have to be scrapped if the star doesn't give the movie his blessing.

Napier-Bell says, "There are several people sniffing around a Wham! film but I'm not sure any of them will come off because they all require Wham! music in them – and George controls all that.

He will have the yes or no on each script presented. George would want control."

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GETTY IMAGES

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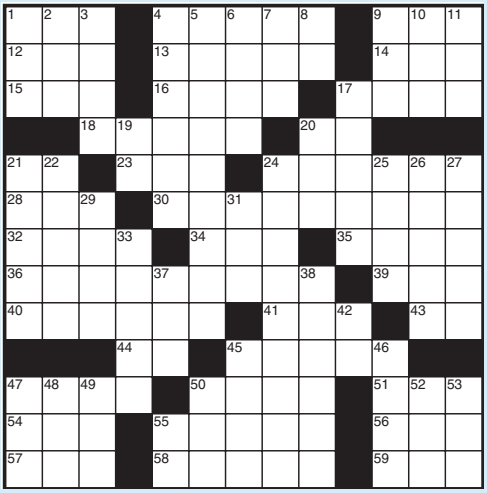

down »

1 Class
2 Miss Piggy's word
3 Grandeur
4 Dodge
5 Was an omen of
6 Absent
7 — Moines
8 Mag exec
9 It may be fragile
10 Strive to win
11 Come to the conclusion
17 Camels' backs
19 Three-toed sloth
20 Dawn to dusk
21 Kind of doctor
22 Baking potato
24 Weirdest
25 007's alma mater
26 Betty Ford program
27 Hacienda brick
29 Leave out
31 Mongrel
33 Digress
37 Small fry
38 "Crocodile —"
42 Film category
45 Split apart
46 Furry red Muppet
47 Have a hot dog
48 Ventilate
49 Wily
50 Greek P
52 Stadium cheer
53 Teacup handle
55 N.Y. neighbour

across »

1 Bratty kid
4 Garden tool
9 Night before
12 London lav
13 Dazzled
14 Card-game cry
15 Basinger or Novak
16 Memorable decades
17 Whacked weeds
18 Dance all night
20 Madame — Barry
21 Great Lake st.
23 — had it!
24 Movie set fixture
28 Courtroom vow (2 wds.)
30 Scrambled
32 Woolen caps
34 Payable
35 Area of London
36 Tweeted
39 Collar
40 Dragster
41 Litter member
43 Exist
44 — a premium
45 Hint of color
47 Not terribly difficult
50 Oboe feature
51 Caustic substance
54 Feel poorly
55 Run after
56 Drop — — line
57 Attempt
58 Nut cake
59 Boat implement

previous answer

	S	P	A	C	E		Q	U	A	R	K	
C	O	R	R	A	L		T	R	A	I	L	S
O	L	A	F		I	R	I	S	H		U	M
C	A	T				U	P	A		A	G	O
O	R	E	O		C	B	S		L	I	M	O
			G	E	E	S		S	A	D	A	T
U	S		D	O	E		O	A	T		N	H
S	H	E	E	N		T	O	N	I			
H	E	W	N		Y	I	P		N	A	P	A
E	K	E		D	O	M			W	A	N	
R	E		M	A	K	E	A		F	O	R	D
S	L	E	A	Z	E		S	T	A	R	R	Y
	S	H	I	E	D		K	I	D	D	Y	

THE DATING WORLD

To get the latest on what's happening in the world of dating, read Kasia Iglinski's Dating Jungle.

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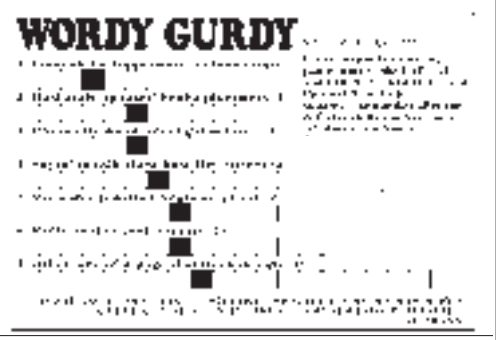

HOROSCOPE

ARIES | March 21-April 20
An important letter should be written now. Have cash handy for yesterday's hero. Get outside and stay there a while.

TAURUS | April 21-May 21
Be perky when meeting with a stubborn fool. A VIP triumphs over you in a debate. A co-worker can't resist disturbing you.

GEMINI | May 22-June 21
Romance develops for very unusual reasons. Pay attention to signals. A foreigner will ask for help with practical plans.

CANCER | June 22-July 22
Reveal your plans to a heartbroken man. A rude person takes off for parts unknown. A call means a career change is pending.

LEO | July 23-Aug. 23
A supporter goes on an inconvenient vacation. Money problems cause changes to your comfort zone. A genius gives hope for future.

VIRGO | Aug. 24-Sept. 22
Being a stick-in-the-mud causes trouble. An outcast has the ambition to unseat a leader. Don't fall behind in the rat race.

LIBRA | Sep. 23-Oct. 23
Trust your instincts with a friend's sweetness. A strongly opinionated woman will disrupt a chat. Take care around angry women.

SCORPIO | Oct. 24- Nov. 22
Don't ignore the words of a concerned mother. You'll catch an unexpected slip-up. Good judgment has ended high expectations.

SAGITTARIUS | Nov. 23- Dec. 21
Talking things out takes more time. Be polite when a rude enemy arrives. Give a grovelling guy a break.

CAPRICORN | Dec. 22-Jan. 20
A plan is turning out all wrong. Laugh off a co-worker's pitiful accusations. Don't get stuck dealing with irrational people.

AQUARIUS | Jan. 21-Feb. 18
Pettiness is beneath a know-it-all. A distant man wins empathy from friendliness. You'll take control of your own life.

PISCES | Feb. 19-Mar. 20
An attempt is made to gain your respect. A heartbreaking topic is spoken about. Beware indulgence in comfort foods.

AVATAR VENUS

					7		9	6
1	5							
					9	1		3
2	8			6	3		7	
	9						2	
	7		5	2			6	4
4		3	7					
							4	5
7	1		8					

instructions »

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

solve time »

Under 13 minutes	Genius
13-17 minutes	Scholar
17-21	Smart
21-25	Pretty good
More than 25	Keep practising

previous answer

2	6	9	7	1	3	4	5	8
5	7	1	4	2	8	3	9	6
3	4	8	6	9	5	7	2	1
8	5	6	3	7	2	1	4	9
4	1	7	8	5	9	2	6	3
9	2	3	1	4	6	5	8	7
7	9	2	5	6	1	8	3	4
6	3	4	2	8	7	9	1	5
1	8	5	9	3	4	6	7	2

This Day IN HISTORY

June 10, 1944: In baseball, 15-year old Joe Nuxhall of the Cincinnati Reds becomes the youngest player ever in a major-league game.
June 10, 1947: Saab produces its first automobile.
June 10, 2002: First direct electronic communication experiment between the nervous systems of two humans carried out by Kevin Warwick in the United Kingdom.
June 10, 2003: The Spirit Rover is launched, beginning NASA's Mars Exploration Rover mission.

WIKIPEDIA.ORG

Vancouver weather

The Weather Network
theweathernetwork.com

Afternoon	Tonight	Wednesday	Thursday	Friday
Cloudy. 15°	40% Showers. Low 9°	Variable. 16°/10°	Variable. 16°/12°	Variable. 16°/10°

Temperature
Normals
High: 19°
Low: 10.7°

Records
High: 23.9°/1940
Low: 6.1°/1938

Sunrise: 5:07 a.m.
Sunset: 9:17 p.m.
Moonset: 1:18 a.m.
Moonrise: 1:24 p.m.

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